

10-21-2019

## Iowa State Daily (October 21, 2019)

Iowa State Daily

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### Recommended Citation

Iowa State Daily, "Iowa State Daily (October 21, 2019)" (2019). *Iowa State Daily, October 2019*. 12.  
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## Monday Monologue performers to present new take on Cinderella story

BY SUSANNAH.CRITCHTON  
@iowastatedaily.com

The ISU Opera Studio will present a lively take on the story of Cinderella through excerpts from Pauline Viardot's "Cendrillon" during this week's Monday Monologue.

The excerpts are directed by Chad Sonka, assistant teaching professor for the music and theatre department, and Jodi Goble, associate teaching professor for the music and theatre department.

The music of "Cendrillon" is written by Pauline Viardot, a French mezzo-soprano singer and female composer. Her work is performed as part of Iowa State's HERoic theater season, which celebrates women writers and composers.

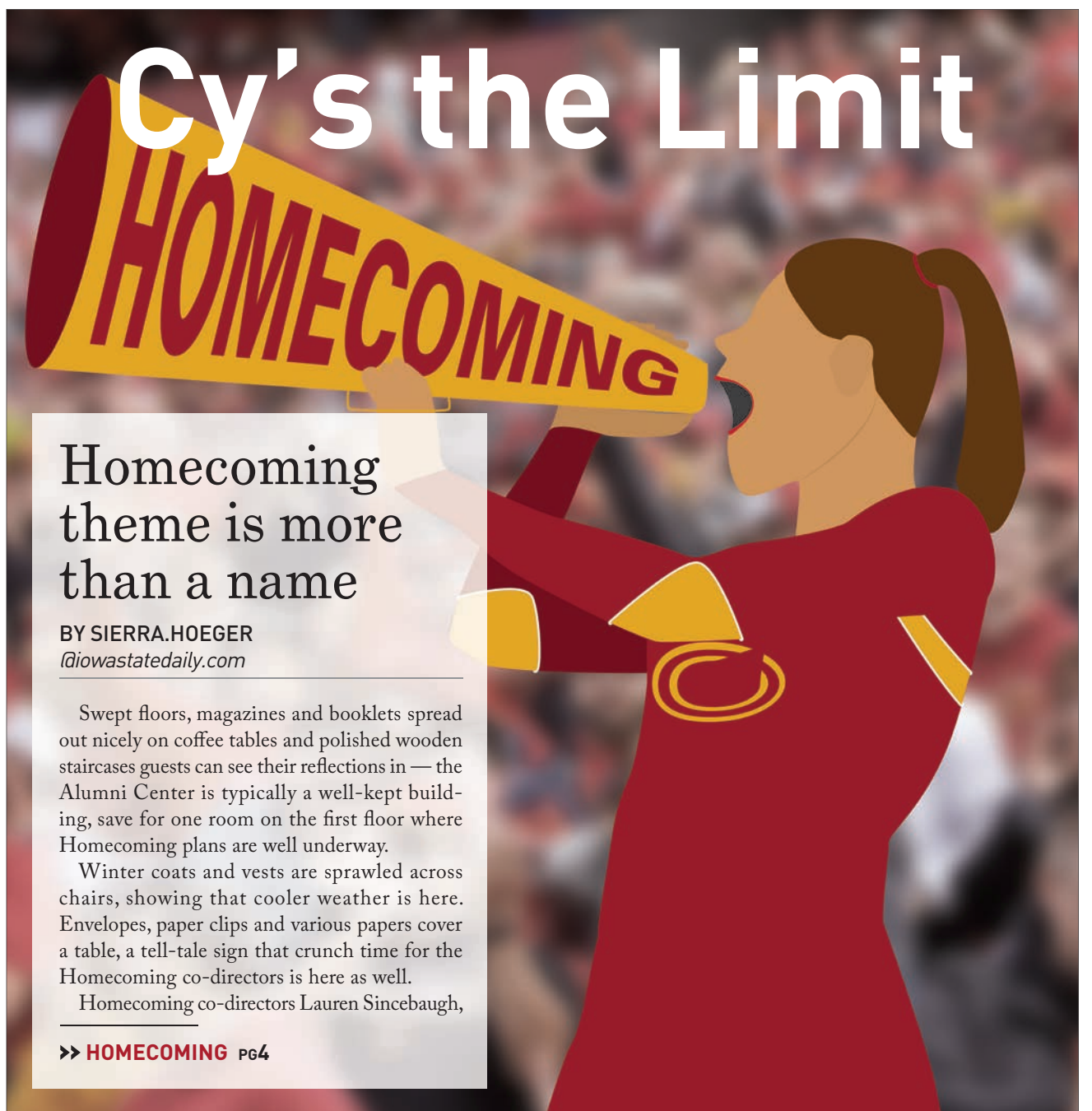
Susan Jasper, program coordinator for the Parks Library, said the department has had previous involvement with Monday Monologues.

"We [have] had the theater department do selections from Godspell, and it was so beautiful, and the library space, [...] it has echo and a fullness, and it just was really joyful," Jasper said.

Jasper said the ISU Opera Studio is excited to highlight selections from their fall performance that will take place at Fisher Theater on Nov. 15 and 16.

"I think part of the appeal of doing a preview of their show is that a lot of college students may not have actually ever been to an opera, and it isn't as inaccessible as one might think, and so by having an opportunity to perform a few of the songs [...] they get to highlight it, and get people excited about it, just make it seem like opera [...] is still really pertinent and entertaining to everyone in 2019," Jasper said.

The Monday Monologue will take place from 12:15 to 12:45 p.m. Monday in the Grant Wood Foyer in Parks Library.



### Cy's the Limit

#### Homecoming theme is more than a name

BY SIERRA.HOEGER  
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Swept floors, magazines and booklets spread out nicely on coffee tables and polished wooden staircases guests can see their reflections in — the Alumni Center is typically a well-kept building, save for one room on the first floor where Homecoming plans are well underway.

Winter coats and vests are sprawled across chairs, showing that cooler weather is here. Envelopes, paper clips and various papers cover a table, a tell-tale sign that crunch time for the Homecoming co-directors is here as well.

Homecoming co-directors Lauren Sincebaugh,

>> HOMECOMING PG4

DESIGN BY MARIA ALBERS

This year's Iowa State Homecoming theme is "Cy's the Limit." For Homecoming co-directors, the theme means more than its name, as it is the creative basis and inspiration for many events surrounding Homecoming, including Yell Like Hell.

## Clubs celebrate National Sustainability Day

BY WHITNEY.SPENCER  
@iowastatedaily.com

The Green Umbrella and Live Green! organizations hosted National Campus Sustainability Day on Friday. The goal of the event was to spread awareness about sustainability and give students the opportunity to see what kinds of sustainable club involvement Iowa State's campus has to offer.

The Students Helping Our Peers (SHOP) was one club that participated in the event. The SHOP is an on-campus food pantry for students that accepts any donations, though monetary donations and nonperishable food items are the main two.

It is a completely anonymous and volunteer-run organization at Iowa State. Kathryn Post, junior in culinary food science and secretary of the club, said they deliver to about 30-40 Iowa State students per week.

"The main purpose of being at the

event is to bring awareness about the organization and let people know that this option is out there for them," Post said.

The Environmental Education Club was also present at the event. Leah Johnson and Abigail Morgan were two club members running the booth. The club's main goal is community outreach, or getting more people to be passionate and sustainable toward the environment.

"One of the biggest things we do is library programs at the Ames library," Johnson said. "We teach little kids about different things about nature and the environment so they can get excited about that at an early age."

Sixteen organizations were in attendance at the event, The SHOP and the Environmental Education Club being just two. All organizations had a message to spread about how students could make a point to be more sustainable on campus.

Swechha Ghimire, junior in software engineering, and Morgan Ambourn, senior in computer engineering, were two students out of many who attended the event. Ghimire was previously aware of the event, having stopped by last year's celebration, and decided to stop by again this year, this time with Ambourn.

"I've learned that there's a lot of different clubs that relate to sustainability; I thought that there weren't many," Ghimire said. Ambourn followed with, "Yeah, even some of the clubs that didn't necessarily sound like sustainability clubs had some factors in it that related."

The pair were hoping to become more aware about clubs and learn more about sustainability in general. Ghimire was previously a member of the Conservation Club, and Ambourn is now a member of the Engineers for a Sustainable World. They both said they enjoyed the event and thought



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Kelsey Culbertson, Student Government senator, talks to students during National Campus Sustainability Day on Oct. 26, 2017, outside Parks Library.

that it was very approachable.

"I think it's easy for people to walk by," Ambourn said. "Like when you have random cookies for example, people will be more willing to stop by and talk to people, especially at a location like this."

Both students said they already practice sustainable methods. Ghimire doesn't consume meat regularly and uses reusable grocery bags as often as she can. Ambourn also uses reusable grocery bags and has a compost back in her hometown.



CALENDAR

10.21.19

**Kickoff: National Transfer Student Week,** Campanile Room, Memorial Union at 11:30 a.m. An opportunity for ISU transfer students to engage and network with one another.

**Monday Monologues series,** Grant Wood Foyer, Parks Library at 12:15 p.m. Pauline Viardot’s “Cendrillon,” a witty retelling of the Cinderella story. Excerpts directed by Chad Sonka and Jodi Goble, ISU Opera Studio.

**Workshop: Open Access Publishing,** Parks Library at 1:10 p.m. “Open Access Publishing:

Where do I Start?” Learn the process of identifying and evaluating a publisher, locating funding, and exploring other options for making your research open. Whether you want to publish an article or share your research data, we’ll get you started.

**Leatherwork Earrings Workshop, Work-space,** Memorial Union at 6 p.m. Make 2-3 pairs of leather earrings with Andrew Kingsbury from Decadence Jewelry. Basic techniques will include leather tooling and painting with dye. A variety of stamps will be available for adding dimension to your jewelry.

POLICE BLOTTER

10.19.19

**Parker Louis Stoneburner,** age 20, of 438 E Oak St. - Ogden, Iowa, was arrested and charged with drug possession of a controlled substance at 1118 S Duff Avenue (reported at 2:28 a.m.).

**Parker Louis Stoneburner,** age 20, of 438 E Oak St. - Ogden, Iowa, was arrested and charged with operating while intoxicated at 1118 S Duff Avenue (reported at 2:28 a.m.).

**Parker Louis Stoneburner,** age 20, of 438 E Oak St. - Ogden, Iowa, was arrested and charged with reckless driving at 1118 S Duff Avenue (reported at 2:28 a.m.).

**Jaime Lee Mendez,** age 25, of 4112 Tripp St. - Ames, Iowa, was arrested and charged with public intoxication at 2522 Chamberlain Street (reported at 2:58 a.m.).

10.20.19

**Martin Cesar Zuniga,** age 24, of 4601 Webster St. - Ames, Iowa, was arrested and charged with public intoxication at 126 Welch Ave (reported at 1:39 a.m.).

**Zachary Christopher Wolf,** age 21, of 2700 Lincoln Way - Ames, Iowa, was arrested and charged with public intoxication at 203 Welch Avenue (reported at 2:20 a.m.).

**Jackson Roland Graalum,** age 23, of 122 Hayward Ave. - Ames, Iowa, was arrested and charged with public intoxication at 2210 Lincoln Way (reported at 5:47 a.m.).

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

FEATURE PHOTO



COLLIN MAGUIRE/ IOWA STATE DAILY

**>> Sweater weather**

More and more jackets can be seen on students as the temperature drops and campus falls deeper into autumn.

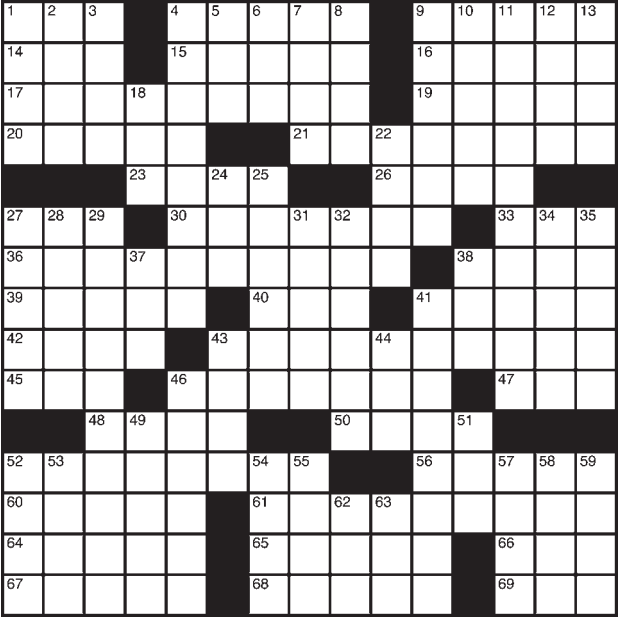
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Crossword



- 21 Speed demon

23 Open-\_\_ shoes

26 TV producer Norman

27 Online “Yikes!”

30 Chinese leader

33 Bus depot: Abbr.

36 Mature male gorilla

38 Purim observers

39 Essayist de Botton

40 Match for a pocket handkerchief

41 West Pointer

42 Mideast strip

43 One only in it for the money

45 Baton Rouge-to-Montgomery dir.

46 Twisting force

47 WWII venue

48 Latin god

50“ \_\_ a lift?”

52 Japanese cooking show

56 Schemer Charles

60 Gallivants

61 Certain rock music fan, and what

17-, 21-, 36-, 43- and 52-Across each has

64 Last Olds off the line

65 Mental picture

66 NBC skit show

67 Zac of “The Lorax”

68 Glove material

69 Game gadget, or the area where it’s used
- 8 Out of the wind

9 Fire truck feature

10 Lady Liberty’s land, familiarly

11 Somerset Maugham novel, with “The”

12 Prefix with logical

13 Pub missile

18 On fire

22 South Sudanese supermodel

Wek

24 Goof

25 Short person?

27 Missouri river

28 La Scala’s city

29 Like eyes showing boredom

31 Drops in a slot

32 Stranded at 7-Down, perhaps

34 Chirp

35 Jetson dog

37 By way of

38 Spree

41 Multi-screen theater

43 “Gee whiz”

44 It goes for a buck

46 Second-most populous Arizona city

49 Warm Argentina month

51 “Stupid me!”

52 “Dies \_\_”

53 Massage deeply

54 Actor Jannings

55 Earthquake response gp.

57 Cozy home

58 Writer Grey

59 Inactive

62 Art on the reality show “Ink Master”

63 Single-malt datum

YESTERDAY'S ANSWERS

S	C	A	N	T	A	B	C	S	I	B	M	S			
H	O	W	I	E	G	I	N	A	G	O	Y	A			
A	O	R	T	A	A	B	B	Y	O	R	E	L			
O	T	Y	M	U	S	I	C	A	L	T	O	Y			
			C	U	P	S			G	U	I	N	E	A	
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T	O	U	T		U	I	E	S		R	A	V	E	N	
A	N	T	S		S	T	D	S		T	R	E	E	D	

- Across**
- 1 Tucked-in part of a dress shirt
- 4 Cocoon contents
- 9 Glaringly vivid
- 14“ \_\_ you kidding me?”
- 15 Words after make or close
- 16 Carne \_\_: roasted Mexican dish
- 17 Ford Model T, colloquially
- 19 Siesta taker
- 20 Eight-armed cephalopod

- Down**
- 1 Boaters and bowlers
- 2 Actor La Salle
- 3 It may drop down or pop up
- 4 Made vulnerable
- 5 Axlike shaping tool
- 6 Tribal land, informally, with “the”
- 7 Colorado resort

Sudoku

by the Mephram Group

		6	7		4			9	
			1	6		9		8	
		3				1			2
			4						
7				3		6			4
							2		
3				5				7	
				4			9		
	9			1		6	4		

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

IOWA STATE DAILY

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**Publication:**

ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

**Summer sessions:**

The Iowa State Daily is published digitally on a daily basis.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

**Subscription costs:**

Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

**Postmaster:**

(USPS 796-870)

Send address changes to: Iowa State Daily 2420 Lincoln Way, Suite 205 Ames, Iowa 50014

PERIODICALS POSTAGE

**Fall & Spring sessions:**

The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

The Daily is published by the Iowa State Daily Publication Board, 2420 Lincoln Way, Suite 205, Ames, Iowa, 50014.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.

Front page weather courtesy of the American Meteorological Society.



# Iowa as campaign boost

## Candidates use Iowa caucus success to gain national traction

BY JAKE.WEBSTER  
@iowastatedaily.com

Iowa served as a launching pad for several presidential campaigns, and the end for many others.

Sen. Kamala Harris said in September she is “moving to Iowa” as she seeks to reboot her presidential campaign. She is currently polling in the mid-single digits in both polls of likely Iowa Democratic caucusgoers and likely Democratic primary voters nationally.

Sen. Cory Booker, sitting below Harris in most polls of Iowa and the national Democratic primary electorate, also seeks to rise up and get a bump out of a strong performance in Iowa.

“Iowa is a place you often see the underdogs winning — John Kerry was polling at four percent in Iowa [in the fall of 2003],” Booker said while speaking on a call with reporters in September.

Kerry did poll as low as single digits in surveys of likely Iowa caucusgoers in the fall of 2003, and rose in the polls as the then-frontrunners Howard Dean and Dick Gephardt’s unfavorable ratings increased amid spending millions of dollars on negative television advertisements against each other. Kerry won on caucus night by nearly six percent.

Mack Shelley, Iowa State professor and chair of the political science department, said Iowa is a place where presidential campaigns end, but also where some can regain strength.

“Not many people knew who Jimmy



CAITLIN YAMADA/ IOWA STATE DAILY

Sen. Kamala Harris speaks at a town hall Oct. 6 at Iowa State. Harris discussed many topics including gun control and whether she thinks a woman of color can become president.

Carter was nationally, but he broke through in Iowa,” Shelley said.

Carter was a relatively unknown one-term former governor of Georgia when he sought the White House in the 1976 presidential election. Carter ran amid 13 candidates, which was then the largest field ever running in a presidential primary. Carter barnstormed across Iowa from when he declared his candidacy in December 1974 until caucus night, when he finished ahead of all the other candidates in the race.

As was the case in 1976, during the 2008 presidential election, Barack Obama was polling better in Iowa than he was nationally, but below Hillary Clinton in

both national polls and Iowa polls until December 2007. Obama’s easy victory in the Iowa caucuses translated into a bump nationally and he was able to overtake Clinton to win the Democratic nomination and the White House.

An Emerson College poll of likely Iowa Democratic caucusgoers released Thursday found national frontrunners Joe Biden and Elizabeth Warren in the lead in the state with 23 percent support, followed by Pete Buttigieg with 16 percent and Bernie Sanders with 13 percent. All other candidates have five percent support or less, including Booker and Harris, with three and two percent respectively.

## Warren to speak at Iowa State town hall

BY JILLIAN.SEWERYN  
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Elizabeth Warren will host a town hall at Iowa State as she seeks to expand on her momentum in the Democratic primary.

“At the event on Monday, attendees will have a chance to hear from Elizabeth, ask her questions on the issues most important to them and take a photo with her,” said a representative of Warren’s campaign in a statement. “Elizabeth is committed to running an equal access campaign in which everyone has an opportunity to share their story and get involved in a meaningful way.”

Warren formally announced her presidential campaign in February 2019. Since entering the race, Warren has maintained her early stances on several issues. One of her largest plans is for tuition-free public colleges and universities. She also has a nearly \$1.25 trillion plan that would clear up to \$50,000 of student debt for Americans.

In addition to tuition rates, Warren also has plans for LGBTQIA+ rights and equality, immigration reform and the current climate crisis.

Alongside running a presidential campaign, Warren is also the senior U.S. Senator for the commonwealth of Massachusetts. She serves on the Committee on Banking, Housing and Urban Affairs, the Committee on Health, Education, Labor and Pensions, the Special Committee on Aging and the Committee on Armed Services.

Warren was elected as a senator in November 2012. She took office in January 2013, and was then re-elected in 2018. During her term, she has introduced bills such as the Pell Grant Restoration Act, Climate Risk Disclosure Act and the Student Debt Relief Act, among many others.

In the wake of Tuesday’s Democratic presidential debate, Warren currently sits in second place behind Joe Biden in the RealClearPolitics national polling average of Democratic primary voters.

Doors will open for the town hall at 5 p.m. Monday at Stephens Auditorium.

# Week of events to spotlight women entrepreneurs

BY LOGAN.METZGER  
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This week, events across Iowa State will focus on two things — women and business.

From Oct. 19 to 26, Iowa State joins more than 150 universities and colleges around the world in celebration of “Women Entrepreneurship Week.”

This will be the second year Iowa State takes part in the global initiative, according to Diana Wright, a program coordinator for the Pappajohn Center for Entrepreneurship.

“Really it is a week all across the world to help celebrate women entrepreneurs and also support women entrepreneurs,” Wright said.

Wright said Iowa State did not create the global initiative, but simply takes part in it.

“I think this week is important for many reasons,” Wright said. “One, it allows people to see that women are creating value in their communities, particularly in a field where you don’t see a lot of women. Entrepreneurship and the start-up world is still dominated by male-dominated start-ups and

businesses. So this is actually a week to help celebrate the many different ways that women are contributing as well as [to] connect them with support.”

As part of the global initiative Wright said there are many events on and off campus available to students.

From noon to 2 p.m. Monday outside the main entrance of Parks Library will be the first event, “Start Something While at Iowa State.”

This event will feature a booth hosted by the Pappajohn Center for Entrepreneurship and will be run by staff from the Pappajohn Center. The staff will be there to answer one-on-one questions from students about how to become entrepreneurs while still at Iowa State.

From 3:30 to 4:30 p.m. Tuesday in Parks Library room 198 will be the next event, “Women Who Create Student Panel.”

This event will be a panel discussion with women entrepreneurs on “why they create.” The event is open to the public, not just Iowa State students, faculty and staff.

The panel will consist of four



IOWA STATE DAILY

Diana Wright talks to a student about the entrepreneurship opportunities offered through the ISU Pappajohn Center on Oct. 15, 2018, in Parks Library.

student women entrepreneurs and will be moderated by Wright herself.

“Thursday is really unique,” Wright said. “We will have a full day conference called ‘Women Who Create’ and it is actually for women entrepreneurs in Iowa, so not just the Iowa State campus community, but really we will have women from all across Iowa who will be attending.”

From 8:30 a.m. to 4:30 p.m. Thursday at the Economic

Development Core Facility in the ISU Research Park will be the next event, “Women Who Create Conference.”

According to Wright, the “Women Who Create Conference” will bring together women entrepreneurs, women business owners, aspiring entrepreneurs and individuals of all genders who support women entrepreneurs for a full day of workshops and speakers aimed at growing their businesses.

Registration is \$59 for the

conference and is limited to the first 50 people who register.

From 4:30 to 6:30 p.m. Thursday at the Economic Development Core Facility in the ISU Research Park will be the final event, “SheTalks.”

Following the “Women Who Create Conference” will be a community cocktail reception that will kick off by showcasing six “SheTalks” presentations.

The idea for a “SheTalk” was taken from the Japanese-inspired PechaKucha, a presentation style where each presenter shows 20 slides, each for 20 seconds, according to the Pappajohn Center for Entrepreneurship website. All of the six speakers will be women and will be speaking around the theme: “Women Who Create.”

“This week builds off of what Iowa State and the university as a whole is doing to support entrepreneurship,” Wright said. “Whether it is supporting people that start businesses, but it is also teaching the entrepreneurial mindset. I think it does kind of put our foot down in saying we want to see more women increasing the different values that they do.”



>> HOMECOMING Pg 1

senior in hospitality management, and Chandra Bolin, senior in marketing, are reviewing plans set to take place this week, counting envelopes to make sure they’re all accounted for and clicking away on their laptops. Multitasking at its finest.

“We started planning back in January,” Bolin said. “That’s when committee is whole. The spring’s a lot less [of a time commitment]; we probably meet about three to five hours a week depending on the week, and then now we’re here almost every day meeting with everyone.”

“Cy’s the Limit” is the Homecoming 2019 theme, and is meant to be interpreted many different ways.

Determining the theme for Homecoming is a multi-step process and involves multiple groups of people. Various rounds of voting and discussion occur between everyone from Student Alumni Leadership Council committees to the Homecoming committee members.

In the end, proposed graphics can ultimately determine the theme. Designers have to be wary of potential issues that could arise with the design, such as trademark rules.

“Cy’s the Limit” is a theme idea that’s been circulating for a while, and after seeing potential designs, committees all across the board felt it was the right choice for the theme this year.

“I think we got really into it when we got the idea that we could put the campanile on the logo, because we think it really showcased Iowa State,” Sincebaugh said.

Appealing graphic designs, multi-faceted interpretations and the creativity within the theme make it a solid choice for the week.

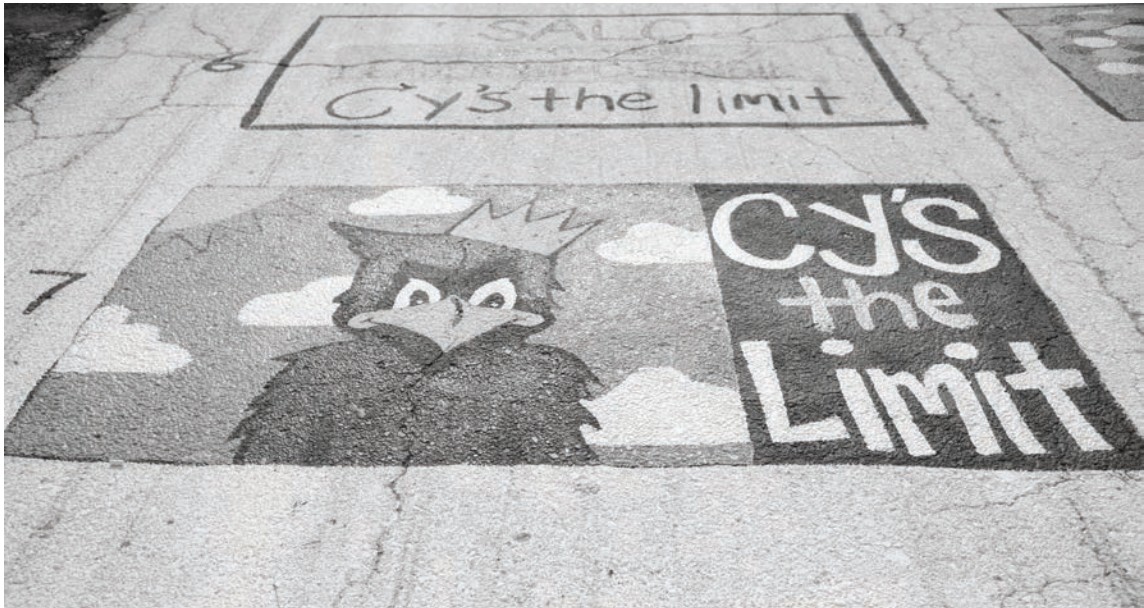
“We try to make the theme a broad enough thing so that people can do stuff within,” Bolin said. “For Yell Like Hell and the displays, we need them to come up with their own ideas.”

Yell Like Hell is an annual tradition taking place during Homecoming Week. Greek community chapters form groups to create and perform skits incorporating common aspects of Iowa State while also conveying the theme.

The most unique factor of Yell Like Hell that tends to entertain crowds is how the performers wear minimal clothing and cover their bodies with paint, either donning red and yellow or something related to the skit’s theme.

“My first year I was a member of Yell Like Hell, and our team won Yell Like Hell,” said Jessica Bigelow, special events co-director and senior in accounting. “So we got painted, and we got painted again, and I think by winning Yell Like Hell and also the aspect of seeing everything that goes into putting on Homecoming from both sides really inspired me to be more involved with it.”

Asking their favorite activity or event that occurs during Homecoming Week is akin to asking a parent to pick their favorite child. Bolin and Sincebaugh were stumped, but ultimately agreed each



CAITLIN YAMADA/ IOWA STATE DAILY

Painting Victory Lane is one of the returning Homecoming events this year. One section of Victory Lane depicts the 2019 Homecoming theme, “Cy’s the Limit” with Cy painted in front of a sky background.

event has its own aspects making it fun and enjoyable for many.

However, Bigelow had no problem choosing an event that has stood out throughout her time at Iowa State.

“I would probably say my favorite thing would be Yell Like Hell, because that’s so specific to Iowa State,” Bigelow said. “No other school does Yell Like Hell.”

This past weekend, the Homecoming Parade, Yell Like Hell first cuts, Painting Victory Lane and the Blue Sky 5k Run were all hosted in Ames.

There are multiple Homecoming events throughout the week. Food on Campus, Yell Like Hell and the Tournaments are all events open to students every day. This weekend, the anticipated Homecoming game against Oklahoma State will kick off at 2:30 p.m. at Jack Trice.

Several reunions are taking place at the Alumni Center as well, bringing back alumni involved in band and choir during their time at Iowa State.

While the pair of Homecoming co-directors share the same position in their final years as students, their journey to getting here couldn’t have been any more different.

“I think when I was a freshman I only really had the impression of [Homecoming] through my sorority, but a couple of my friends and my cousins were on Homecoming Central, so I had a different perspective of it,” Sincebaugh said. “They were the ones who encouraged me to apply [for a committee position] when I was a freshman. I thought it was a lot of fun, and I liked seeing everyone get together and celebrate traditions. And then that’s what made me want to apply for it. I don’t think I ever would’ve pictured myself here, but I definitely knew as a freshman that I wanted to get more involved than just through my own chapter.”

For Bolin, not being involved or affiliated with the greek community on campus gave her the impression a position on a Homecoming committee was out of the question.

“My freshman year, I thought that all the Homecoming activities were just for greek students because I’m not and I feel like that’s a lot of what you see,” Bolin said. “I was interested to see how the whole student population could do them. So then last year once I found out about applying to be on the committee — and I just love planning events and stuff like that, so I gave it



IOWA STATE DAILY

Members of the Yell Like Hell team Picture Perfect show off their Cyclone spirit during the Homecoming Pep Rally on Oct. 26, 2018, at the Alumni Center.

a go — and I didn’t really think that after one year I would be a director, but it’s been fun.”

The co-directors have set a goal of trying to bridge the gap between non-greek and Greek students as well as inform students that Homecoming is a time for everyone and not just those within the greek community.

Food on Campus, Tournaments as well as the Homecoming Parade and the Blue Sky 5k are only a few examples of events that are open to the entire student population.

“We always try to advertise [the events], but the struggle is getting people to understand, or participate in it, because there’s so many different things for non-greek students, but it just always seems to get lost in how big the greek events get,” Sincebaugh said.

Bolin and Sincebaugh also differ in leadership styles, creating a balance that makes every event run smoothly.

“I like getting nervous the day of, before the event, and then when things go wrong; it sounds weird, but it’s one of my favorite things, because I like thinking on your feet and continuing to run the event,” Sincebaugh said.

The committees don’t anticipate problems before or during an event, but Sincebaugh and Bolin have a relationship and dynamic that ensures when problems do arise, they’re handled in a way that nobody even realizes there was a problem to begin with.

“I wouldn’t say I’m the type of person who likes to have problems come up,” Bolin said. “I’m always trying to be the one that’s like, ‘Did we communicate this?’ I’m always trying to be one step ahead. Leading up to it, you’re just ready for all the events to come, and you’re

anxious and hoping everything runs smoothly. Then during the event you’re so focused as to what’s going on that you have no time to process, it’s just go, go, go, then afterwards you’re like ‘Holy cow, that was a lot of stuff at once’.”

There are 29 committee members underneath Sincebaugh and Bolin, meaning effective communication is a key factor in checking items off the list and successfully preparing everything for the week ahead.

The co-directors shared one of the most exciting aspects of planning is getting items approved, whether it be a minor aspect such as the approval for the Gator carts that will help transport items to and from events, or approval for large events, such as the Blue Sky 5k Run.

“There’s constantly things that are making it more and more exciting, even this week,” Bolin said. “Our Gators just came today. Stuff like that, little by little, it just keeps getting more and more exciting.”

Over the course of the spring semester and summer break, committee members work toward getting various things approved as part of the many things they’re working to change and add on to enhance the Homecoming experience for everyone.

“It’s super exciting having a new committee, and the whole spring semester everyone’s planning what they want to change and stuff like that — all of the exciting ‘what if’s,’” Bolin said.

Committee members are expected to lead a team of individuals working underneath them, also known as Cy Squad members, as well as report to the co-directors with approved plans, new ideas and project progress.

“I wanted to be involved in something that everyone on campus could be involved in,” Bigelow said. “I think when you look back on your college experience, being able to say you planned an event for the whole university is super cool to say.”

Bigelow and her co-director are in charge of a committee of Cy Squad members, who assist them with planning the pep rally at the end of the week. The pep rally includes the final round of Yell Like Hell, CyFactor award winners, the award ceremony for Cardinal Court and appearances by student athletes and coaches.

“We have organizations like Dance Marathon, ISU Blood Drive, we have the Sparkle Squad coming in and then the marching band and spirit squad take us into Wendy Wintersteen and then we go into Yell Like Hell, Cyclone Sweethearts and stuff like that,” Bigelow said.

The Homecoming Pep Rally is set for 4 to 9 p.m. Friday at the Alumni Center.

Bolin and Sincebaugh were stumped yet again when asked to summarize their Homecoming experience with one word, but Sincebaugh settled on the word “rewarding.”

“It’s been one of the most rewarding things I’ve ever done, like not just to see all of the events come together but to see all of the people become friends, grow as leaders and see the changes in themselves,” Sincebaugh said. “Especially this upcoming week, it’ll be the most rewarding, to see how excited they are. It’s just really rewarding to see all of it happen.”

Sincebaugh admits being involved with Homecoming has helped her break out of her shell ever since joining.

Bolin chose the word “exciting” and said she enjoys the feelings that are associated with that emotion.

“It’s a lot of events in a short period of time, but you get this adrenaline rush from going, going, going, so that was one of my favorite things that made me want to do it and do more,” Bolin said.

For Bigelow, Homecoming has been nothing but memorable.

“Through Homecoming I’ve created lots of memories relating to doing the 5k and running with some of my sorority sisters, [and from] getting painted and being on stage to [helping] plan it,” Bigelow said. “I’ve made lots of friends in Homecoming, and I think overall the memories I’ve made in Homecoming will always be with me, and when I come back as an alumni I’ll remember all of these memories.”

While the pair of Homecoming co-directors differ in leadership styles, journeys to the positions they hold today and how they’ll remember their Homecoming experience, they agree they want every student, faculty, alumni, community member and Cyclone fan to have fond memories of Homecoming Week.

“I think we just hope that everyone can walk away with positive memories of Homecoming and say that it was a part of their Iowa State experience, whether they’re alumni, students or just fans of Iowa State in general,” Sincebaugh said.



COLUMN

# Eat for a better life

## Healthy eating improves the mind, body

BY GRAYSON GOSS  
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The so-called “freshman fifteen” is a term often said on college campuses that illustrates how dining plans that emphasize high calorie foods with little nutritional value (such as easy-to-prepare fried foods) contribute to a noticeable weight gain among incoming students. This should be no surprise, as foods like pizza, fried chicken and sweets that are provided in an “all-you-can-eat buffet” style at dining halls have been shown to contribute significantly to freshmen weight gain.

The effects of a poor diet, however, extend far beyond your short-term physical health. Inside your gut there is an immense number of microorganisms that make up what scientists call a microbiome. While some of these microorganisms can be harmful, the vast majority are either benign or helpful in breaking down food, providing chemical signals and even aiding in immune responses.

This bacterial, fungal and viral system inside your gut (often called the gut-brain axis) has a profound effect on your immune system, brain health and can even influence your weight. One such study found that microbiomes can have an impact on depression. It is no wonder some health professionals call the gut a “second brain.”

Since microbiota are made up of bacteria and other microorganisms, the prevalence of specific healthful or harmful organisms depends on and can reinforce your diet. By eating junk food, you promote microorganisms that love sugary, high calorie foods. These microorganisms can secrete chemical signals that are sent to your brain, which are interpreted as a desire to consume more junk food. This cycle repeats, as increased junk food consumption promotes the proliferation of these junk food organisms. This pushes



CAITLIN YAMADA/ IOWA STATE DAILY

Columnist Grayson Goss argues healthier eating improves more than just your physical health. Goss writes that eating better also affects your immune system and mental health positively.

out other organisms that would promote the consumption of fruits, meats and vegetables as your microbiome sets up a path for obesity and health complications. This really does prove the point of “you are what you eat.”

There is a way to fight and reverse these effects, and that is by promoting a healthier microbiome through healthier eating. Meats, fruits and vegetables can all influence and promote a healthier and more diverse microbiome. By switching up your diet to one that avoids processed and junk food, you are setting yourself up for a better life. An improved diet that influences a better microbiome will help your

physical health and can stave off the effects of some cancers and even Parkinson’s disease. It can also help your mental health by preventing depression, anxiety and elevated stress levels.

It may seem impossible at first to get started on the healthy eating track, especially if you have been consuming junk food for a while. After all, it takes discipline and effortful habit building to take the first steps to a healthier life. But even the smallest step, like eating single serving of yogurt or a banana (both of which have probiotic factors that improve your microbiome), is a step in the right direction toward a healthier and happier life.

LETTER

# 4-H loss of interest no excuse to sell land

BY PATSY HARRIS-LARSON  
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Blaming declining interest in the Iowa 4-H camp is a weak excuse for selling over 1,000 acres for unbridled development and destruction.

The entire area was never used by 4-Hers but does provide habitat and support for Iowa’s natural resources.

I prefer to think of the area as an extension of Ledges and the Arboretum, providing further support for the Des Moines River.

I recently attended an event at the camp which brought back memories of hikes in the woods, leadership training workshops and winter retreats.

I grew up in a 4-H family. My parents were leaders and my brothers and I raised and showed livestock. Our only summer vacation each year was spent showing our prize animals at the state fair.

My parents later established a fund in Boone County to award eight outstanding freshmen 4-H members each year.

My family learned to respect and protect all species, including the land. It appears the organization has now betrayed our important connection to the natural world.

CARTOON



SAM CLEMENT/ IOWA STATE DAILY

Political cartoonist Sam Clement illustrates an analogy of the negotiations between President Trump and Turkish President Erdogan. Trump is depicted as a counsellor calling for a trust fall exercise where the Kurds are to trust Erdogan, who holds a knife.

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# Offense ignites victory

## Key players essential in Cyclone dominance

BY MATT.BELINSON  
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The Cyclones made sure to bring their dynamic offense to Lubbock on Saturday, with Iowa State putting up 560 yards of total offense in a 34-24 win against Texas Tech.

In it's 10th win in October over the last three seasons, Iowa State got career-setting performances from multiple weapons.

**HALL SHOWS OUT IN SECOND HALF**

Breece Hall picked up right where he left off for Iowa State last week against West Virginia.

Hall piled up 183 yards and two touchdowns against Texas Tech on Saturday — with his 183 yards on the ground putting him third on the list for most rushing yards by a freshman running back in school history.

The freshman running back got his number called on the first play from scrimmage for Iowa State, as Hall rushed for a five yard gain.

Despite getting the first play of the game for the Cyclones, Hall saved his production and scoring for the second half.

He wasted no time getting the scoring started once the second half began.

On Iowa State's first play of the second half, Hall caught a shovel-pass from Brock Purdy. Hall had multiple receivers and linemen in front of him setting up blocks in an attempt to get Hall in space.

Hall got all the space he needed and then some.

The freshman took off down the sideline while breaking two Tech defenders' tackles



COURTESY OF IKECHUKWU DIKE/THE DAILY TOREADOR  
Tech Tech defensive backs chase down Iowa State wide receiver Tarique Milton during the Iowa State vs. Texas Tech game Saturday at the Jones AT&T Stadium. The Red Raiders lost 34-24.

on his way for a 75 yard touchdown house-call to open the half.

After Purdy connected with Tarique Milton on a 44 yard pitch-and-catch, Hall scurried his way into the end zone for 30 yards to put Iowa State up 34-17 with six minutes remaining in the fourth quarter.

Out of the 183 yards Hall generated on the ground, 146 of them came in the second half.

Hall has made his mark on the Iowa State offense and given the Cyclones a running back with consistent ability to pile up good

amounts of yards over the last two games while also finding the end zone.

Over Hall's last two games, the freshman running back has given Iowa State a combined 321 yards and five touchdowns.

**KOLAR CONTINUES TO PRODUCE**

Hall wasn't the only weapon Texas Tech had to endure on Saturday, as Charlie Kolar continued his production.

Career-bests and career-firsts were all over the stat sheet for Kolar.

The sophomore finished the game with 79 yards and caught two touchdowns, making Saturday his first multi-touchdown game of his career. Kolar also had a career-long reception of 49 yards.

Like Hall, Kolar's production has taken a turn for the better for the Cyclones as of late. Since Iowa State began on its three-game October win-streak, Kolar has been in the thick of the offense's success.

Since Iowa State's win over TCU, Kolar has hauled in seven receptions for 149 yards and three touchdowns.

Kolar now has 398 yards on the season, putting him at No. 7 all-time for single-season receiving yards by an Iowa State tight end.

By season's end, Kolar could be on his way into the top-five if his production stays consistent throughout the rest of conference play.

**BROCK PURDY LETS IT LOOSE**

Iowa State has a new career leader in 300-yard passing games. Former Cyclone quarterback Bret Meyer held the record previously with five games of over 300 yards, but Purdy set the record in the first half against the Red Raiders.

Purdy put up 378 yards and three touchdowns on the day — two going to Kolar and the third to La'Michael Pettway.

Purdy distributed the ball fairly evenly throughout his receiving core as Deshaunte Jones led the team in catches with seven. The senior-wideout ended his day with 51 yards receiving.

Milton caught four balls for 98 yards, Pettway had four receptions for 41 yards and Hall caught three passes for 73 yards.

# Cyclones find glory with 'grey area goals'

BY JARED.BRAVARD  
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Cyclone Hockey (6-4) completed the sweep of the Jamestown Jimmies (2-3), winning 3-0 Saturday night.

Even though the Cyclones won Friday night, the two Jamestown goals were controversial. The bounces went Jamestown's way with coach Jason Fairman calling them "grey area goals."

Saturday night, the puck started bouncing the Cyclones' way in the series and season.

The Cyclones led the Jimmies 1-0 after 20 minutes as a result of Dylan Goggin's goal at 10 minutes, eight seconds. Goggin appeared to be passing the puck to an open Cyclone on the back side during the odd man rush, but it ricocheted off Jamestown goaltender Tyson Brouwer and into the net.

"We're just trying to get any goals we can, putting the puck in front of the net. Obviously, we got a bounce to go our way," Goggin said. "It's nice to be rewarded for a lot of the hard work we've had over the last few weeks."

Coach Fairman was pleased in the fortune of the bounce that lead to Goggin's goal, especially after the goals scored Friday by Jamestown.

"The bounce was in our favor," Fairman said. "That's poetic justice to some degree."

This would not be the only favorable bounce of the night for the Cyclones.

During a power play in the second period, Cyclone forward Bryan Bandyk fired a shot that deflected off fellow Cyclone forward Hunter Dolan and slipped passed Brouwer at 14:36. Dolan's power play goal doubled the Cyclones' lead.

"Every game there's bad bounces and good bounces — luckily they were on our side tonight," said Cyclone goalie Nikita Kozak. "It's always good to have the bounces go your way."



KARA DENNER/ IOWA STATE DAILY  
The Iowa State hockey team played Missouri State Sept. 27 and Sept. 29 at the Ames/ISU Ice Arena.

The Cyclones ended the second period with a 2-0 lead, but they were also down a man, with Bandyk being sent to the penalty box at 19:28.

They once again were able to kill off the penalty for the third time in as many chances.

"Our penalty kills were pretty good," Fariman said. "I think it's one of the top in the nation."

The Jimmies heavily outshot the Cyclones early in the third period, but the score remained two goals to none.

The Cyclones would pick up their fourth and final penalty of the night at 9:07 in the third. They finished 4/4 on penalty kills, helping Kozak pitch the shutout.

"The defense [was] really good at picking up sticks and getting in shot lanes, making my job easy," Kozak said.

The Jimmies' offense was kept at bay by the Cyclone blue-liners, protecting and increasing the lead.

The lead would widen one more time in the game. Freshman forward Payton McSharry went top shelf, slotting home the third goal for the Cyclones at 15:48.

The early bounces and the unwavering defense were contributing factors in the win.

"We really pride ourselves in our d-zone coverage," Goggin said. "Nikita played well. It's always nice to get a shutout for our goalie."



# Bob Dylan back in Ames

## Musician to play on Stephens stage once again

BY GABBY.LUCAS  
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The wait is over for Bob Dylan fans, because the star is coming back to Ames.

Dylan and his band are returning to Stephens Auditorium on Wednesday for another leg of their playfully-named “Never Ending Tour.” The “Never Ending Tour” is the unofficial title for the almost constant string of live shows that Dylan began in 1988 and has continued ever since. Dylan last came to Stephens Auditorium in 2017, when he played a sold out show for a crowd of over 2,700 people. The upcoming show will feature a hefty 19-track setlist of songs spanning Dylan’s entire career. Tickets are still available as well as VIP packages, which include premium seating and exclusive merchandise for superfans.

Dylan has been a major figure in pop culture for over 50 years now. After the release of his debut album in 1962, the folk-rockers became known for his unique vocal style and dark, poetic subject matter. Dylan’s most highly revered work dates back to the 1960s during the civil rights movement. Songs such as “Blowin’ in the Wind” and “The Times They Are a-Changin’” became political anthems during this time, and he has

been recognized as a counterculturist who transcends the traditional pop-music mold. He has since released almost 40 albums over half a century and has remained active and controversial throughout all of his long career. On top of that, he is celebrated for his virtually unmatched songwriting abilities.

The Duluth, Minnesota, native has received countless awards for his work, including 10 Grammy Awards, an Academy Award, a Golden Globe and the Presidential Medal of Freedom. He has been inducted into the Rock and Roll Hall of Fame and was awarded the 2016 Nobel Prize in Literature “for having created new poetic expressions within the great American song tradition,” according to the Swedish Academy, the committee in charge of deciding each Nobel Prize recipient. He is the first, and so far only, musician to win the award.

Dylan is a bucket-list show for many, and with this being his second Stephens Auditorium show in two years, Ames can certainly consider itself lucky. His live performances are known for being surprising in his song selections and renditions of his classics. Age seems not to have withered him, as his long-winded performances put emotion at the forefront. The 78-year-old is prominently known for making sure no



COURTESY OF WIKIMEDIA COMMONS

Bob Dylan’s performance Wednesday will mark his fifth performance at Stephens Auditorium. For his “Never Ending Tour” stop in Ames, Dylan’s setlist will bring out 19 songs from his career.

two shows are alike. He puts unique spins on his older classics, changing instruments, arrangement and even genre for some. He keeps the audience on their toes while seeming to forget about the audience entirely as he gets lost in his art and becomes wholly

one with the music.

Tickets are available at the Stephens Auditorium box office, at Ticketmaster.com or by calling 800-745-3000. The north, southeast and southwest doors open at 7 p.m. and the show will begin at 8 p.m.



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## Student band Midnight Flora blooms with musical ambition

BY DANIEL.JOHNSON  
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Midnight Flora, an indie rock band formed completely from Iowa State students, has been making its mark in Ames. Officially forming in February, the band consists of six members who are pursuing their collective passion for music.

Kyle Cravens, senior in journalism and mass communication from Joliet, Illinois, is the band’s lead vocalist. He and guitarist James Volpe, junior in software engineering, met at a club meeting a few years ago and banded together along with their drummer Tom Wilson, junior in English.

They formed an early version of the band, named Something Specific, and played in a show together in November. Cravens serves as the creative mind behind the lyrics of Midnight Flora’s songs, finding importance in catchiness, storytelling and substance in the words he pens.

Volpe picked up a guitar and began producing music his freshman year of college. Thanks to his music production background, he is one of the core musical minds in Midnight Flora. He serves as one of the guitarists in the band along with Dylan Miley, junior in electrical engineering.

Volpe has recently started to take up a background vocalist role along with his guitar and bass guitar playing.

Wilson is from Corning, Iowa, and is the drummer of the band. His first experience in percussion started in elementary school. By the time he was in high school he had taught himself to play a full drum set and played in his school’s pep band. Wilson now serves to keep his bandmates in time, allowing them to stay in sync with the music they all work together to create.

Lead bassist Chris Grussing, sophomore in journalism and mass communication, is from Armstrong, Iowa. He picked up the bass his junior year of high school. With a background of 14 years playing piano and a background of

six years in music production, his expertise in the technical side of music has helped the band quite a bit since his joining in February.

Miley is from Hampshire, Illinois, and joins Volpe as a guitarist. Joining the band his junior year to replace a previous member who graduated, Miley serves as another creative mind. Miley started guitar with his dad at the age of eight, learning basic open chords. For the first time at 17, he took lessons for nine months before going the self-taught route. He also began songwriting at 17, which he said he loves to do frequently for a creative outlet.

Keyboardist Marjorie Hanneman, senior in agronomy and genetics from Milwaukee, Wisconsin, is the band’s newest member. Hanneman’s history with the band began with her being Midnight Flora’s self-proclaimed number one fan.

She was noticed by the others at a show because she was singing and dancing along with them more than they’d seen before. After talking for a bit and inviting her to play with them, she was inducted as an official member shortly after. She has a history of being in bands in the past, but none of them quite stuck. Hanneman said finally getting into a band that gives her space to scratch her creative itch has been a blessing.

“Releasing a single has made me hungry for more, more than anything,” Hanneman said.

The band is planning for more, with additional performances, a potential studio signing and even an EP in the works. The members of Midnight Flora said they hope to put everything they can into what they do, all for the love of creativity.

The Midnight Flora band members said they all agree the sound of the band itself can only be described as one thing. Cravens said Midnight Flora is all their interests in harmony together.

Miley described it as a bowl of popcorn.

“You can’t have popcorn without all of the essential pieces put together,” Miley said. “And they all can be in many different forms, [but] it’s still popcorn in the end.”



Ilana Logan lip-syncs to "Let it Go" from the Frozen soundtrack at the All Ages Drag Show on Saturday at the Ames Public Library.



Baby Havoc dances as one of the few “non-tradiotnal” drag performers at the All Ages Drag Show on Saturday at the Ames Public Library.



Jamison D. Sanchez performs as the only drag king at the All Ages Drag Show on Saturday at the Ames Public Library. He performed to Panic! At the Disco's song, "The Greatest Show."



Baby Havoc wows attendees with a punk rock performance at the All Ages Drag Show on Saturday at the Ames Public Library.



Grace, a middle schooler, makes her drag debut at the All Ages Drag Show on Saturday at the Ames Public Library. She performed "I Wanna Dance with Somebody" by Whitney Houston.

